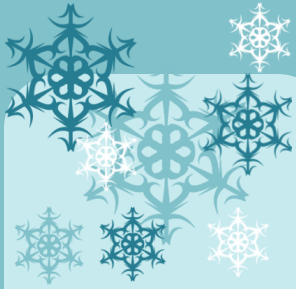


January 2014
Volume 11

Good Times Senior

Brunswick Senior Center
12 East "A" Street
Brunswick, MD 21716
301-834-8115



**January is:
Blood Donor
Month**

**Marshmallow
Month**

**New Year's
Day**
January 1

Trivia Day
January 4

**Dress Up Your
Pet Day**
January 14

**Martin Luther
King Jr. Day**
January 20

**Chinese New
Year**
January 31

"Twas The Month After




The Holidays are over and all through the house
Nothing would fit me, not even a blouse.
The cookies I'd nibbled, the eggnog I'd taste.
All the holiday parties had gone to my waist.
When I got on the scales there arose such a number!
When I walked to the store (less a walk than a lumber).
I'd remember the marvelous meals I'd prepared;
The gravies and sauces and beef nicely rared,
The wine and the rum balls, the bread and the cheese
And the way I'd never said, "No thank you, please."
As I dressed myself in my husband's old shirt
And prepared once again to do battle with dirt --
I said to myself, as I only can
"You can't spend a winter disguised as a man!"
So--away with the last of the sour cream dip,
Get rid of the fruitcake, every cracker and chip
Every last bit of food that I like must be banished
Till all the additional ounces have vanished.
I won't have a cookie--not even a lick.
I'll want only to chew on a long celery stick.
I won't have hot biscuits, or corn bread, or pie,
I'll munch on a carrot and quietly cry.
I'm hungry, I'm lonesome, and life is a bore --
But isn't that what January is for?
Unable to giggle, no longer a riot.
Happy New Year to all and to all a good diet!

- Anonymous


Sunday Monday Tuesday Wednesday Thursday Friday Saturday

January 2014

Brunswick Senior Center

5 Don't forget to pick up the "Puzzle of the Week"	6 CENTER CLOSED	7 9:00 Strength Training 11:00 Wii Bowling 11:45 Tuesday Trivia	8 10:30 Video Exercise 11:00 "Ask Nurse Steve" 12:45 "Bath" Bingo	9 9:00 Strength Tr. Lunch at Frederick Senior Center Program "Foot Care"	10 10:30 Video Exercise 1:00 Local shopping	11
12 We invite you to our Dinner/Dance held every third Thursday of each month. Call us for more details.	13 CENTER CLOSED	14 9:00 Strength Training 11:00 Wii 11:45 Tuesday Trivia 5:30 Card Party	15 10:30 Video Exercise 11:00 Lunch out with Friends 1:00 BINGO Brunswick H.	16 9:00 Strength Training *Special Menu 6:00 Dinner & Dance-held at Eagles Club	17 10:30 Video Exercise 11:00 "Fun w/Food" 1:00 Local shopping	*Special Menu 100% Apple Juice, Fried Chicken, Mashed Potatoes, Gravy, Steamed Broccoli, Dinner Roll, Margarine, Apple Pie
 MARTIN LUTHER KING, JR. 1929 - 1968	20 CENTER CLOSED COUNTY HOLIDAY <small>Martin Luther King Day</small>	21 9:00 Strength Training 11:00 Wii Bowling 11:45 Trivia 12:00 Baked Potato Bar	22 10:30 Video Exercise 12:45 "Bath" Bingo	23 9:00 Strength Training 10:30 "Learn to Crochet"	24 10:30 Video Exercise 1:00 Local shopping	25 
26  Australia Day	27 CENTER CLOSED	28 9:00 Strength Training 11:00 Wii Bowling 11:45 Tuesday Trivia	29 10:30 Video Exercise 12:45 "Snowy" Bingo	30 10:00 Mobile I & A 11:45 Nutrition Minute "Eating Healthy in the Winter"	31 10:30 Video Exercise 1:00 Local shopping	<i>Brunswick Senior Center</i> "Where everyone is someone"

Chinese New Year

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>JANUARY 2014 Each meal costs the FCDOA Nutrition Program \$4.80, your contributions per meal helps make more meals possible</p>		1 HOLIDAY	2 Chicken Breast in Orange Sauce Rice Pilaf Steamed Carrots Diced Peaches Rye Bread Apple Juice Milk	3 Meatloaf w/Gravy Mashed Potatoes Succotash Fresh Orange Wedges Wheat Bread Applesauce Milk
Sliced Turkey w/Gravy Sweet Potatoes Peas Multi Bean Salad Sliced Fresh Apples Dinner Roll Cranberry Juice Milk	6 Beef & Multi Bean Chili Served over Rice Pilaf Mixed Vegetables Fresh Peas Whole Wheat Bread Orange Juice Milk	7 Sub Day Roast Beef on Kaiser Roll Lettuce & Tomato Red Onion Potato Salad & Cole Slaw Fruit Cocktail Fruit Juice Milk	9 BBQ Beef Tips Served over Rice Pilaf Steamed Baby Whole Carrots 3 Bean Salad Wheat Bread Mandarin Orange Sections Pineapple Juice Milk	10 Rigatoni & Meatballs In Tomato Sauce Fresh Tossed Salad Salad Dressing Sliced Fresh Apples Wheat Bread Apple Juice Milk
Chicken Stew w/Peas & Carrots Biscuit Brown Rice Fresh Tangerine Grape Juice Milk	13 Tuna Salad Cold Plate Served on Fresh Tossed Salad w/Peach Slices & Fresh Grape Tomatoes Whole Wheat Crackers Navy Bean Soup Milk	14 Salisbury Steak w/Gravy Mashed Potatoes Fresh Pear Corn Dinner Roll Tomato Juice Milk	16 Apple Juice Fried Chicken Mashed Potatoes w/Gravy Steamed Broccoli Dinner Roll & Margarine Apple Pie Milk	17 ¼ lb Beef Hot Dog Hot Dog Roll Baby Whole Carrots Mixed Baked Beans Sliced Peaches Pineapple Juice Milk
Martin Luther King Holiday		21 Baked Potato Bar w/Chili con Carne & Shredded Cheddar Cheese Tossed Salad w/Ranch Dressing Wheat Bread Apple Sauce Fruit Juice Milk	22 Sausage w/Gravy Home Fried Potatoes Biscuit w/Gravy Scalloped Apples Orange Sections Pineapple Juice Milk	23 Meatloaf w/Gravy Mashed Potatoes Green & Yellow Squash Casserole 3 Bean Salad Dinner Roll Applesauce Tomato Juice & Milk
Lemon Garlic Baked Chicken Quarter Maple Glazed Carrots Fresh Tangerine Pasta Salad Wheat Bread Pineapple Juice Milk	27 Sweet & Sour Meatballs Served over Rice Green Beans Fresh Tossed Salad Ranch Dressing Whole Wheat Bread Tropical Fruit Milk	28 Grilled Turkey & Cheddar Cheese Burger on Roll Creamed Kale Baked Beans Fresh Orange Wedges Lettuce & Tomato Grape Juice Milk	30 Pepper Steak White Rice Corn Whole Grain Dinner Roll Pineapple Chunks Cranberry Juice Milk	31 Pulled Pork BBQ on Roll Lettuce Seasoned Greens Fresh Pear Fruit Punch Lentil Spinach Soup Milk

~Menus subject to change~

Compliments.....

January 24 may be the most positive day of the year—it's Compliment Day!

Compliments are not just friendly small talk; they are powerful tools to build and strengthen relationships. After all, when you pay a compliment, you are focused entirely on the other person. A happy by-product is that they also make the person paying the compliment feel good. As Mark Twain once quipped, "I can live for two months on a compliment."

Not all compliments are created equal. If you want your compliment to be heard loud and clear, follow these steps:



1. **Be sincere.** Don't give a compliment if you don't mean it.
2. **Be specific.** Don't be vague; show that you're paying close attention to the person.
3. **Go beyond the compliment.** Go further and comment on the positive outcome of a person's action.
4. **Follow up with a question.** Questions can start a conversation.
5. **Avoid comparisons.** Don't say that they were "better than" someone else; value the person in their own right.
6. **Expect nothing in return.** Never offer a compliment and ask for a favor at the same time.
7. **Setting matters.** There is a right time and place for a compliment

Do You Kazoo?

The kazoo, that humble buzzing instrument shaped like a submarine, was invented by Warren Herbert Frost on January 9, 1883. However, Frost's instrument was not the simple toy we know today. It wasn't until 1902 that the classic version was designed by George D. Smith.

To play the instrument well, one must hum a tune into it. Indeed, kazoo players' talents depend more on their humming ability than anything else. Perhaps one of the most adored kazooists of modern times is the classically-trained singer Barbara Stewart. This "kazoo virtuoso" not only performed at Carnegie Hall but also wrote *The Complete How to Kazoo*.

The kazoo is commonly played for comedic effect in jug bands and comedy revues, but it has also been used in music by master composers such as Leonard Bernstein and Charles Ives. Known as the "most democratic" of instruments, anyone can pick up a kazoo and play it right away. Perhaps you should do just that on January 28, Kazoo Day.



January is Marshmallow Month



Graham Square Recipe

1 (16-ounce) package semi-sweet chocolate chips 1 cup butter
2 cups icing sugar + 1/4 cup 2 eggs, beaten 4 cups mini marshmallows
graham crackers (enough large pieces to line the bottom of the pan)

Butter a 13 x 9-inch baking dish. Line the bottom of the dish with graham crackers. (You may have to cut some to fit.) Combine chocolate chips, butter, 2 cups icing sugar, and eggs. Microwave on low heat until blended. Let cool slightly. Add marshmallows and stir to combine. Spread the mixture over the graham crackers. Sprinkle with 1/4 cup icing sugar. Chill until solid.

Dessert Dip

What you need:

1 8 oz. package cream cheese, softened
1 7 oz jar marshmallow cream

How to make it:

Mix ingredients until well blended

Serve:

With fresh fruit or wafer cookies



Oven S'Mores

- Break the crackers in half, place on cookie sheet.
- Top with marshmallows and place under the broiler watching carefully until browned.
- Remove and top with sectioned chocolate bar and other half of graham cracker.



JANUARY Birthdays

Rainey H	1
Cathy B	3
Carolyn M	6
Connie C	16
Virginia D	22
Marian N	24
Wendell S	24
Pauline G	31



New Year's Resolution One-Liners

- A New Year's resolution is something that goes in one year and out the other.
- I will never squat again with my spurs on. ~ Cowboy
- Youth is when you're allowed to stay up late on New Year's Eve. Middle age is when you're forced to. ~ Bill Vaughan
- An optimist stays up until midnight to see the New Year in. A pessimist stays up to make sure the old year leaves. ~ Bill Vaughan
- Now there are more overweight people in America than average-weight people. So overweight people are now average...which means, you have met your New Year's resolution. ~Jay Leno
- Cheers to a New Year and another chance for us to get it right. ~ Oprah Winfrey
- Good resolutions are simply checks that men draw on a bank where they have no account. ~Oscar Wilde
- I'm a little bit older, a little bit wiser, a little bit rounder, but still none the wiser. ~Ronald Paul

What's your New Year's resolution?

The word search hidden sentence is:
ONE KIND WORD CAN WARM THREE WINTER MONTHS

Five ways to stay healthy this winter

It may be cold outside but winter needn't be the unhealthiest time of year for you and your family.

Here are five ways to make sure that even when your body is telling you to hibernate you can keep healthy and fit, no matter what the weather's like:



1. Eliminate your sleep debt "On average we sleep six-and-a-half hours a night, much less than the seven to nine hours recommended," says Jessica Alexander, spokesperson at the Sleep Council, which aims to raise awareness of the importance of a good night's sleep to health and wellbeing. But in winter, we naturally sleep more, due to the longer nights. "It's perfectly natural to adopt hibernating habits when the weather turns cold," says Jessica. "Use the time to catch up."

2. Drink more milk You are 80% more likely to get a cold in winter so making sure your immune system is in tip-top condition is important. Milk and dairy products such as cheese, yogurt and are great sources of protein and vitamins A and B12. They're also an important source of calcium, which helps keep our bones strong. Try to go for semi-skimmed or skimmed milk, rather than full fat, and low-fat yoghurts.

3. Eat more fruit and vegetables When it's cold and dark outside it can be tempting to fill up on unhealthy comfort food, but it's important to ensure that you still keep your diet healthy and include five portions of fruit and vegetables a day. If you find yourself craving a sugary treat, try a juicy clementine or sweet dried fruits such as dates or raisins.

Winter vegetables such as carrots, parsnips and turnips can be roasted, mashed or made into soup for a comforting winter meal for the whole family. Explore varieties of fruit and vegetables that you may not normally eat.

4. Try new activities Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity, maybe ice-skating or taking a bracing winter walk on the beach. Regular exercise helps to control your weight, boost your immune system and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

5. Have a hearty breakfast Winter is the perfect season for oatmeal. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps you to boost your intake of starchy foods and fiber, which give you energy and help you to feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain lots of vital vitamins and minerals.

Make yours with semi-skimmed or skimmed milk or water, and don't add sugar or salt. Add a few dried apricots, some raisins, a sliced banana or other fruit for extra flavor and to help you hit the five-a-day target.

A First Time for Everything Trivia

Celebrate the first day of the first month of the year with some "first" trivia. Read and comment on the information below, or present the facts in question form for a "first class" trivia game.

At the end of the activity, ask everyone to share some "firsts" in their own lives. For example, your first car, first date, first house, first day of school, etc. In addition, ask the group how many "first" expressions they can think of - first base, first aid, first prize, first place, first class, first kiss, etc.

People Firsts

- Charlotte Cooper was the first woman to win an Olympic Gold Medal (in 1900, for tennis).
- Steve Fossett was the first balloonist to fly solo around the world when he landed in Australia on July 3, 2002.
- Annie Taylor was the first woman to go over Niagara Falls in a barrel and live to tell about it (1901). She was 63 years old at the time.
- Theodore Roosevelt was the first American to be awarded the Nobel Peace Prize (1906). It was for helping mediate an end to the Russo-Japanese War.
- Marie Curie was the first person ever to win two Nobel Prizes. Her first was in physics (1903) and the second was in chemistry (1911).
- Alice Hyde was the first winner of the Miss World Beauty Pageant (1911). She was 17.
- Margaret Gorman was the first Miss America (1921). She was 16 years old and had the measurements 30-25-32.
- Al Jolson had the lead role in the first talking motion picture, *The Jazz Singer* (1927).
- Charles Lindbergh was the first man to fly solo across the Atlantic (1927).
- Marie, Cecile, Yvonne, Emilie, and Annette Dionne were the first quintuplets to survive infancy. They were born near Callender, Ontario, to Oliva and Elzire Dionne (1934).
- Lettie Pate Whitehead was the first American woman to serve as a director of a major corporation, The Coca-Cola Company (1934).
- Franklin D. Roosevelt was the first U.S. president to speak on television. (He spoke at the opening session of the New York World's Fair on April 30, 1939.)
- Chuck Yeager was the first person to break the sound barrier by flying faster than the speed of sound (1947).
- Desi Arnaz, Jr. and Lucille Ball appeared on the cover of the first *TV Guide* (1953).
- Sir Edmund Hillary was the first person to climb Mt. Everest (1953).
- Julia Child was the first woman designated a full-fledged "chef" (1958).
- Joan Crawford was the first guest on *The Tonight Show with Johnny Carson* (1962).
- Neil Armstrong was the first man to walk on the moon (1969).
- Count de Grisley was the first magician to perform the trick of sawing a woman in half (1799).
- Glenn Miller received the first gold record ever awarded to a recording artist (1942). It was for selling more than 1 million copies of the hit "Chattanooga Choo-Choo."

“One” Way or Another



Use the clues to find words that contain the word “one.”

- | | |
|-------------------------------|------------------|
| 1. Brass instrument | 1. _ _ _ _ _ ONE |
| 2. Type of tuna | 2. _____ |
| 3. Area, sector | 3. _____ |
| 4. Going, going, _____ | 4. _____ |
| 5. Where a king sits | 5. _____ |
| 6. By yourself | 6. _____ |
| 7. Rock | 7. _____ |
| 8. Folded pizza dish | 8. _____ |
| 9. An exact replica | 9. _____ |
| 10. Cell or landline | 10. _____ |
| 11. Finished | 11. _____ |
| 12. A male bee | 12. _____ |
| 13. Stringed puppet | 13. _____ |
| 14. Currency | 14. _____ |
| 15. Zero | 15. _____ |
| 16. Lightly sweetened biscuit | 16. _____ |
| 17. Ice cream holder | 17. _____ |
| 18. Skeleton part | 18. _____ |

Answers: 1. trombone, 2. abalone, 3. zone, 4. gone, 5. throne, 6. alone, 7. stone, 8. calzone, 9. clone, 10. telephone, 11. done, 12. drone, 13. marionette, 14. money, 15. none, 16. scone, 17. cone, 18. bone

Winter

Find and circle all of the Winter related words that are hidden in the grid.
The remaining letters spell a Japanese proverb.

L S O S E K A L F W O N S E L C I C I N
L E Y C E K R A I M N D D R A Z Z I L B
A S C A W V K A I O E C I K C A L B R D
B W A R D R O T E S N O W S H O V E L C
W E R F A I T L C W A F I R E P L A C E
O A N P I E L I G E R N H E A D B A N D
N T I S N C P O L S Y E S E T A K S S W
S S V S N M E T H K E A D N D F R N E M
T H A M Y O S F S C K T N N O L O H A R
Y I L L R A W E I O C W O E U W O G S W
E R O S C O R S W S O I I B B G M C O I
S T E W A I T S H L H V T O O S N A N N
N K O P T M O S P O G I A S T G O O N D
D N I W P L T W T O E R N C O E G U L C
S E O I S I O S N W D S R G A R E A P H
E N L T N N L G I F R E E Z E T F L N I
S R I S S G G S M R O N B O O D I K S L
T C F I R E W O O D H A I L S T O O B L
E H S S T N A P I K S C H P A C T I N K

BLACK ICE
BLIZZARD
BOOTS
CARNIVAL
CHRISTMAS
COLD
EGG NOG
FIREPLACE
FIREWOOD
FOG
FREEZE
FROST
GLOVES

HAIL
HEADBAND
HIBERNATION
HOCKEY
HOLIDAYS
ICE FISHING
ICICLES
KNIT CAP
LONG UNDERWEAR
MITTENS
OLYMPICS
PARKA
SCARF

SEASON
SKATES
SKI DOO
SKI PANTS
SKIING
SLED
SLEET
SLIPPERY
SNOW CASTLE
SNOW PLOW
SNOW SHOVEL
SNOW TIRES
SNOWBALL

SNOWBOARD
SNOWFLAKE
SNOWMAN
SNOWSHOES
SOLSTICE
SOUP
STEW
STORM
SWEATSHIRT
TOBOGGAN
VACATION
WIND CHILL
WOOL SOCKS